



The Power of Teaching Mindfulness

Does your school have mindful students?

Workshop's Goals

- Learn about mindfulness education and mindfulness techniques
- Learn the evidence-based benefits of mindfulness
- Gain a new perspective about mindfulness as it plays a role in peace curriculum
- Walk away with practical mindfulness curriculum for your schools that can be used in everyday routines
- Relate mindfulness techniques to personal experiences

Workshop's Agenda

- An Introduction: Who am I? What is Mindfulness?
- Activity #1: Doodling Mindfulness Exercise
- The Four Parts of the Mind
- Activity #2: Rose- Flower Mindfulness Exercise
- Mindfulness and the 5 Senses
- Activity #3: Soothing Music Mindfulness Exercise
- The Two Branches of Mindfulness Curriculum
- Activity #4: Mindfulness Video-Flocabulary
- On Creating a Mindfulness Circle
- Activity #5: Rotation of Consciousness Mindfulness Exercise
- Closing/Questions



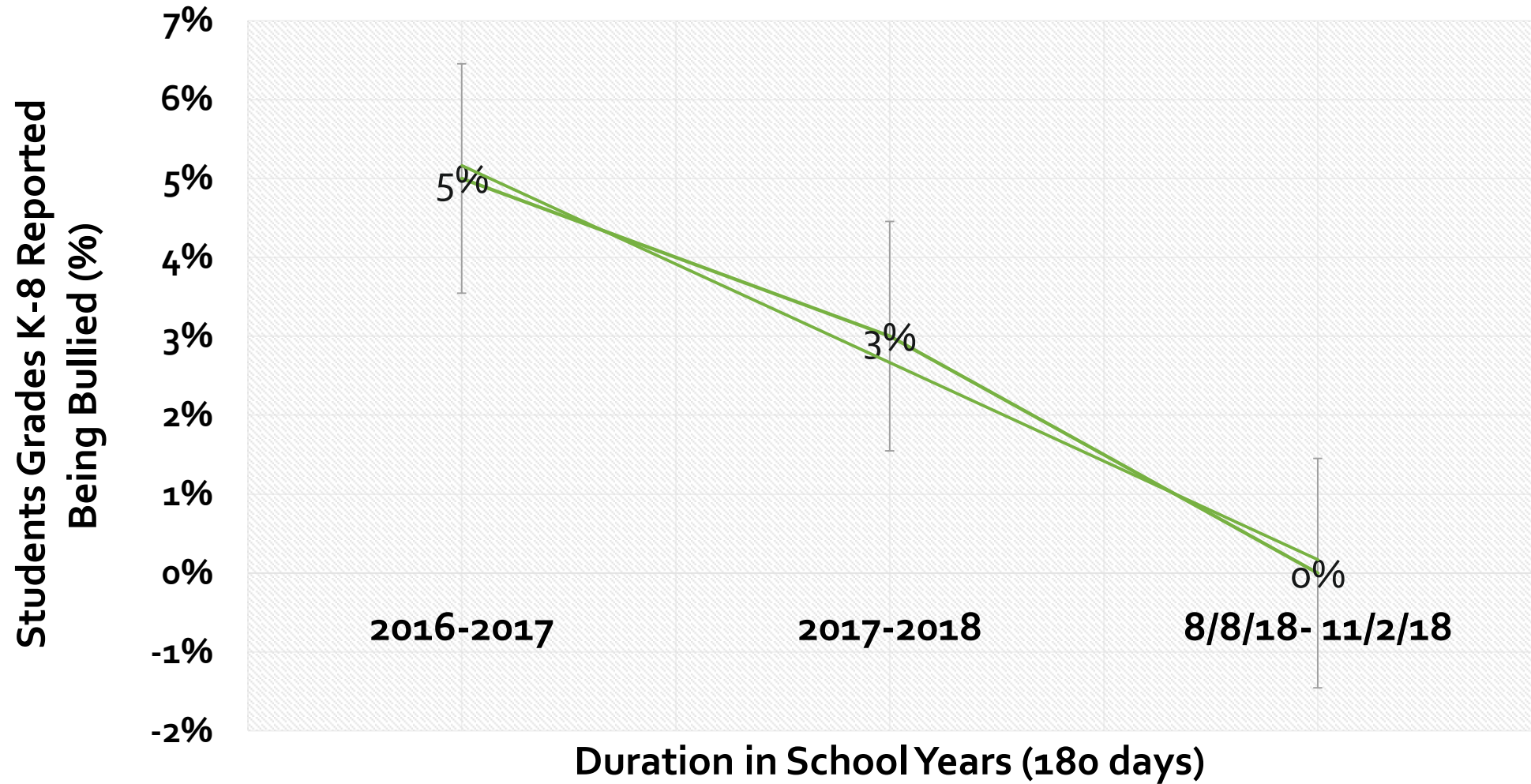
Who Am I?

Middle School Teacher
Peace Coordinator
Bullying Prevention
Committee Chairperson
Reading Specialist
Author
Children's Yoga Instructor
Children's Mindfulness
Instructor
Meditator
Yoga Practitioner
Mother
Animal-lover

SCS- International Peace Day Celebration 2018

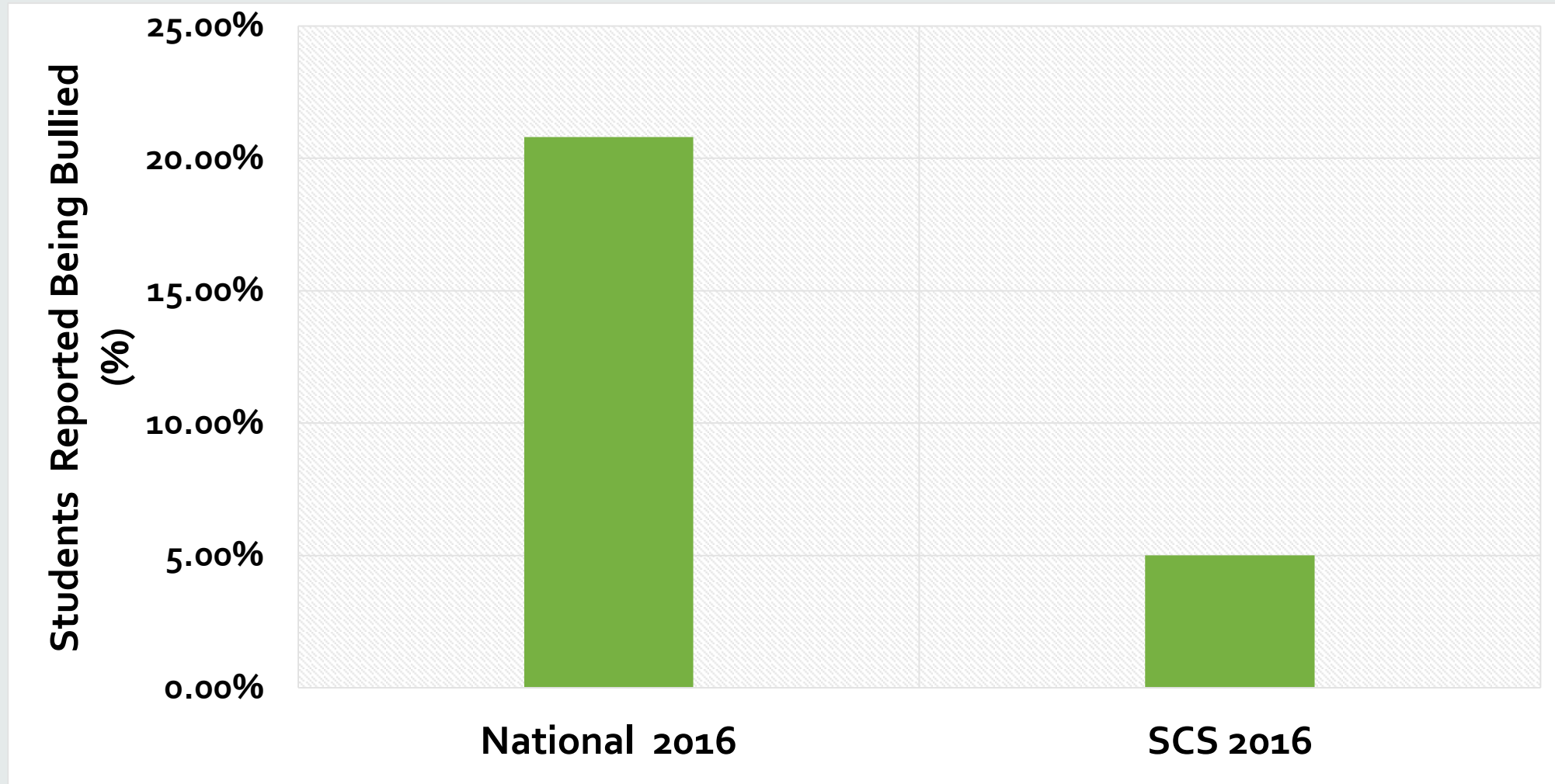


Sedona Charter School American Montessori Society-Full Member School Reported Bullying Cases 2016-Present



* SCS data courtesy of SCS Bullying Prevention Committee (unpublished), 2018

National Comparison of Bullying Data



* National data from National Center of Education Statistics, 2016

The Fundamentals of Peace Education Through Montessori Methods

Peace Education Through Montessori Methods

School-based bullying prevention program

School-based service-learning program

School-based self-care program

School-based social & emotional learning program

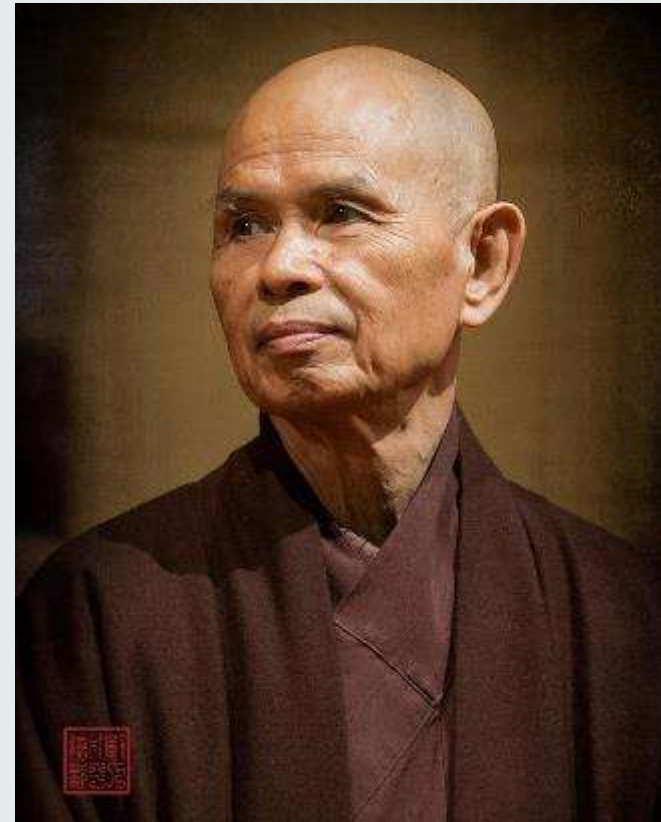
School-based nature appreciation learning program

The Three Pillars of Building Peace Culture in School



Mindfulness is the ability of the mind to calm and focus in extraordinary ways. It is the ability to focus on the present moment. **The intention of teaching mindfulness to children** is to foster a space for mental well-being and brain health.

- Thich Nhat Hanh
- Video Link:
https://www.youtube.com/watch?time_continue=75&v=xD7i6VUOril



What Does the Research Say About Mindfulness?

Mindfulness can do the following:



```
graph TD; A[Mindfulness can do the following:] --> B[Ease psychological stresses]; B --> C[Ease anxiety]; C --> D[Ease depression]; D --> E[Ease pain]; E --> F[Change the brain];
```

Ease psychological stresses

Ease anxiety

Ease depression

Ease pain

Change the brain

How Mindfulness & Meditation Changes the Brain

There is thickening in brain volume in the following parts of the brain:

- The left hippocampus, which assists in learning, cognition, memory and emotional regulation
- The temporo parietal junction, or TPJ, which is associated with perspective taking, empathy and compassion.
- amygdala, the fight or flight part of the brain which is important for anxiety, fear and stress
- An area of the brain stem called the Pons, where a lot of regulatory neurotransmitters are produced.

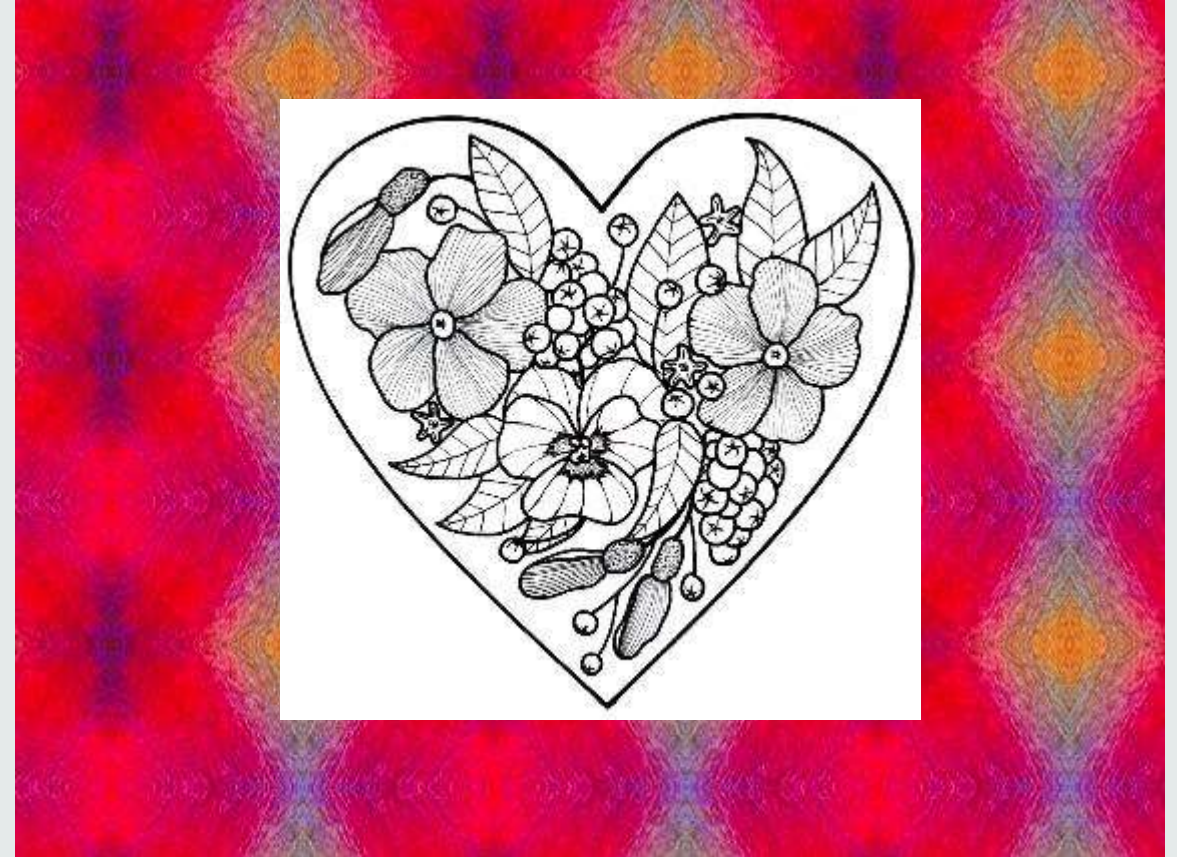
- Video Link:
https://www.youtube.com/watch?time_continue=18&v=m8rRzTtP7Tc



Activity #1- Doodling/Coloring Mindfulness Exercise

Instructions:

- 1) Prepare colored pencils, crayons, markers, art paper, and coloring pages.
- 2) Sit at a clutter-free space.
- 3) Set the timer for 10 minutes.
- 4) Commit to coloring or doodling for the 10 minute duration.
- 5) Breathe and begin effortlessly doodling or coloring.
- 6) Stop the activity after 10 minutes. Look and review the art without judgement. Keep a doodling journal.





Mindfulness helps
you fall in love with
the ordinary.
-Thich Nhat Hanh





AM I
IN
THE
MOMENT?

IS THIS
THE MOMENT?

OM.

HOW
WILL I
KNOW IF
I'M IN THE
MOMENT?

UMM...

I'M
HUNGRY

OM.

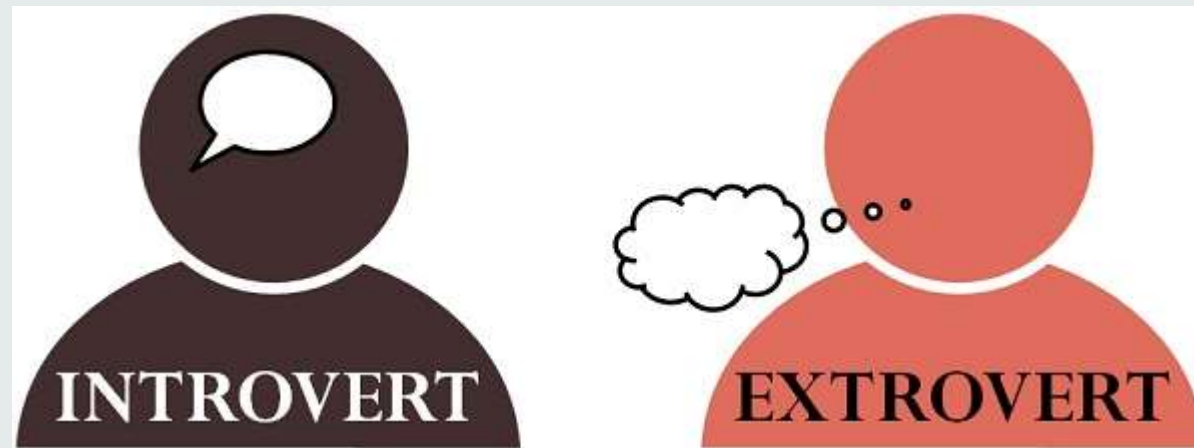
I WANT
CHIPS

The Four Parts of the Mind

- **Conscious Mind: Sensory Perceptions and action oriented. Takes in sights, sounds, smells, taste and touch. External world. Cognitive Processes. The Seat of Mindfulness.**
 - Ego Mind: Places value on sensory perceptions. Focus on comparisons and differences. Thoughts, emotions, and memories comprise the ego according to Carl Jung.
 - Subconscious Mind: Storehouse for conscious impressions.
- Overmind: Overview and intuitive part of the mind. The place where intellect is transformed to intuition.

Extroverts vs. Introverts

- Introverts are more apt to seek quiet, restful mindfulness exercises
- Extroverts are more apt to seek physical exercises as ways to be in a state of mindfulness or in the zone
 - Introverts' needs are often overlooked in a world focused on external circumstances and experiences
- Extroverts' needs are satisfied through external gratifications.
 - Introverts and extroverts both will benefit from practicing mindfulness.



Activity #2- Rose-Flower Mindfulness Exercise

Instructions:

- 1) Prepare for the Rose-Flower Mindfulness Exercise by sitting in a chair or on the ground.
- 2) Take three deep breaths and sit up straight with a strong spine.
- 3) Set the timer for 3-5 minutes.
- 4) Commit to look at the rose for the 3-5 minute duration.
- 5) Breathe and begin the practice. Try to gaze at the rose without blinking.
- 6) Stop the activity after 3-5 minutes.
- 7) Rub the eyes if necessary.



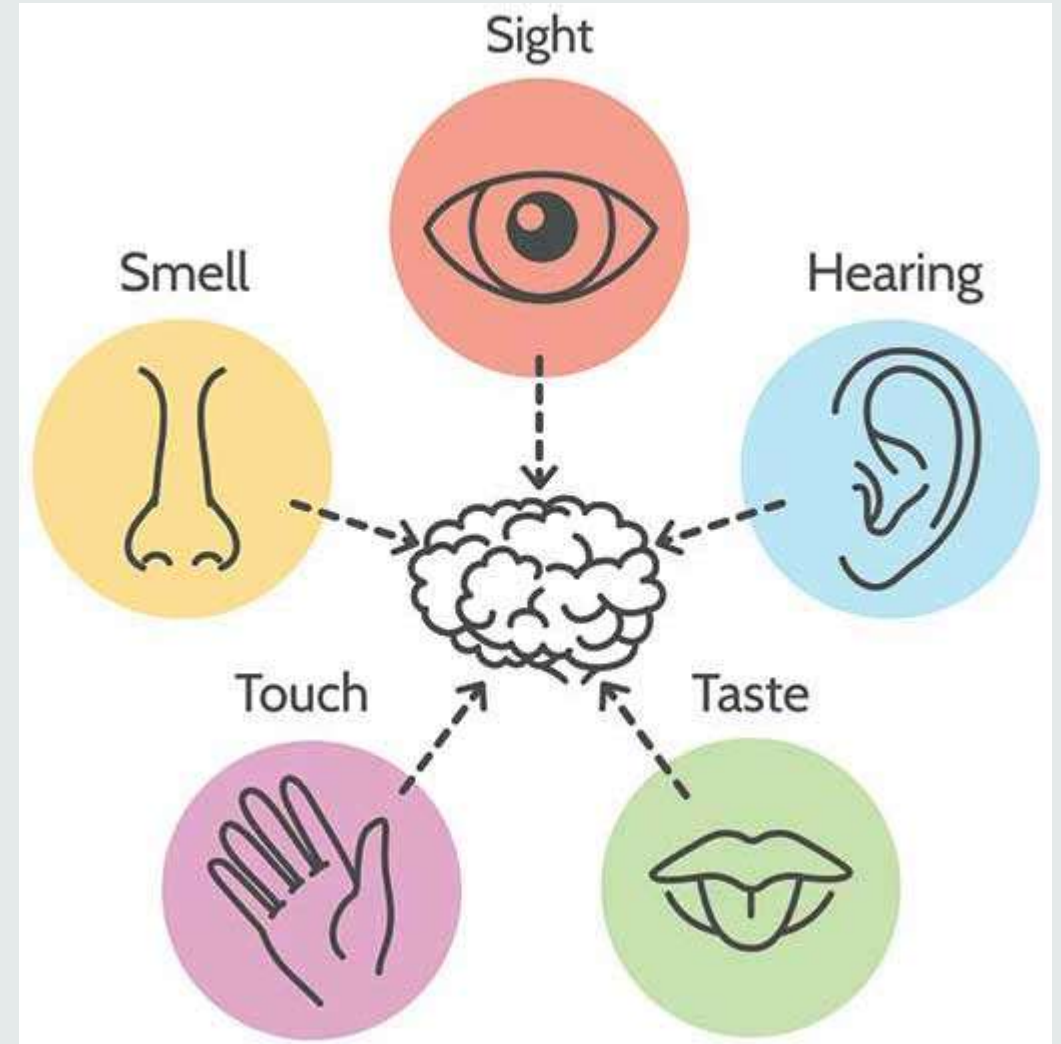


The greater the level
of calmness of the
mind, the greater our
peace of mind, the
greater our ability to
enjoy a happy and
joyful life.
-His Holiness the Dalai
Lama



Mindfulness and the Five Senses: The Consciousness Mind Controls the Five Senses

- The Ability to See
- The Ability to Hear
- The Ability to Smell
- The Ability to Taste
- The Ability to Touch

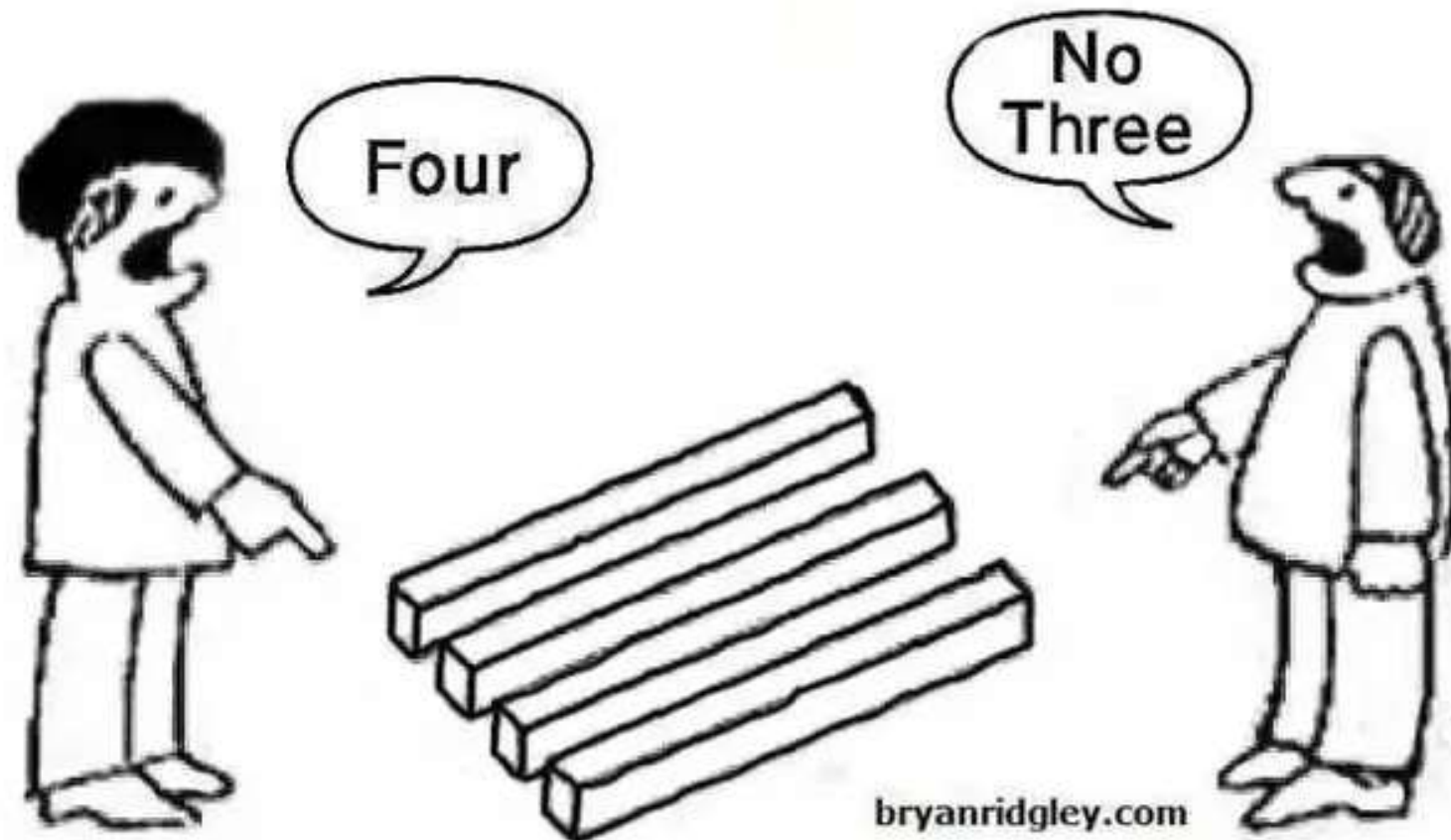


The Habits of the Conscious Mind

- Correct Perception- Truth
 - Incorrect Perception
 - Imagination
 - Sleep
 - Memory



Reality can be so complex that equally valid observations from differing perspectives can appear to be contradictory.



Activity #3- Soothing Music Mindfulness Exercise

Instructions:

- 1) Select soothing music.
- 2) Sit in a quiet, non-cluttered space.
You can also lay on your back body.
- 3) Take three deep breaths and sit up straight with a strong spine.
- 4) Set the timer for 10 minutes.
- 5) Commit to listening to the music for 10 minutes.
- 6) Breathe and begin the listening practice.
- 7) Stop the activity after 10 minutes.

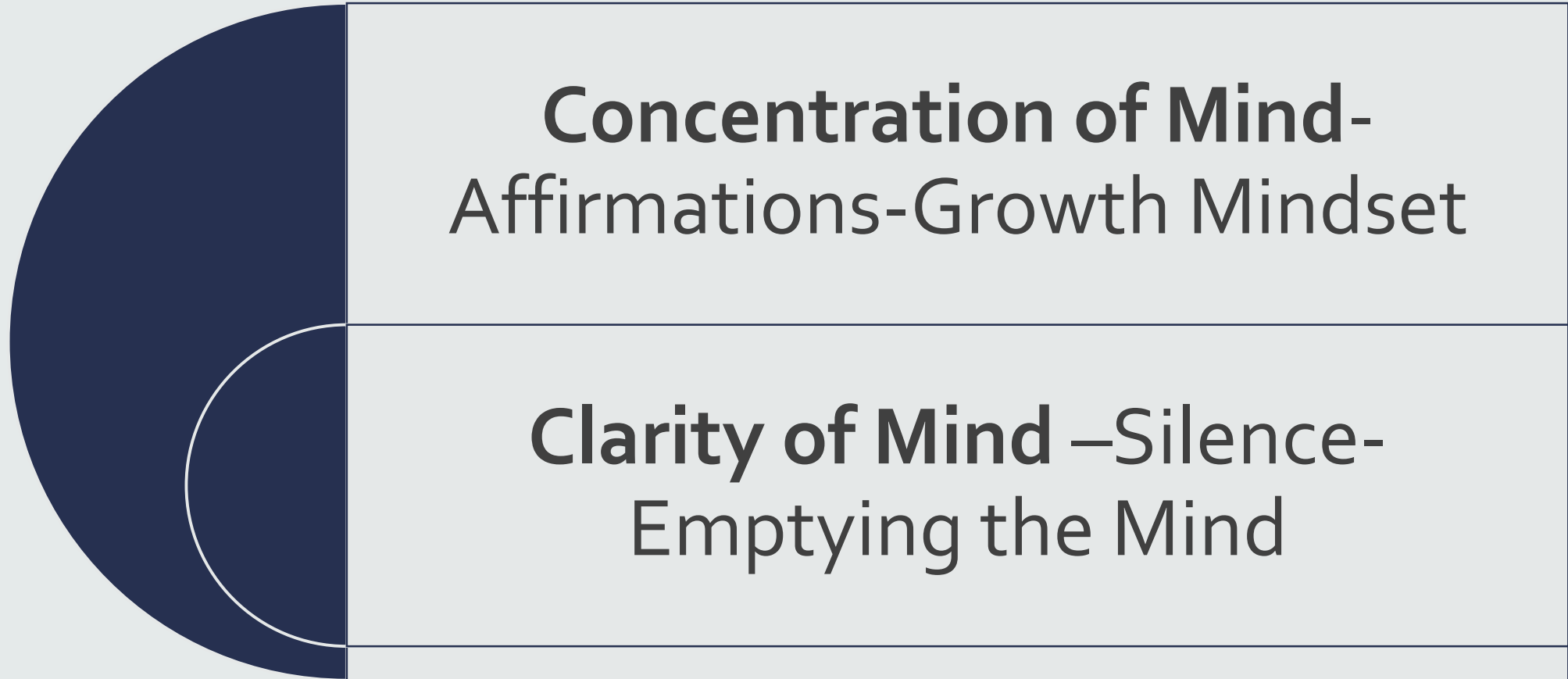




I think 99 times and I find nothing. I stop thinking, swim in silence, and the truth comes to me.
-Albert Einstein



Two Branches of Mindfulness Curriculum



Mindfulness Affirmations for Children

- **Affirmations are simple statements that are designed to create self-change.**
- Researchers at Carnegie Melon suggest that self-affirmations can buffer stress and improve problem solving performance.
- Affirmations should be written down in first person in present tense and stated in a positive way. Affirmations should have emotional charge.
- Examples: *I am happy and healthy. Great things are coming my way. I can do it. I have the tools to solve this problem.*

Activity #4- Mindfulness Video-Flocabulary





Geek meditation session.

Mindfulness Circles

Mindfulness instructors create:

- 1) A safe space to share,
- 2) A quiet space to rest body & mind
- 3) A platform for personal boundaries



Mindfulness Everyday

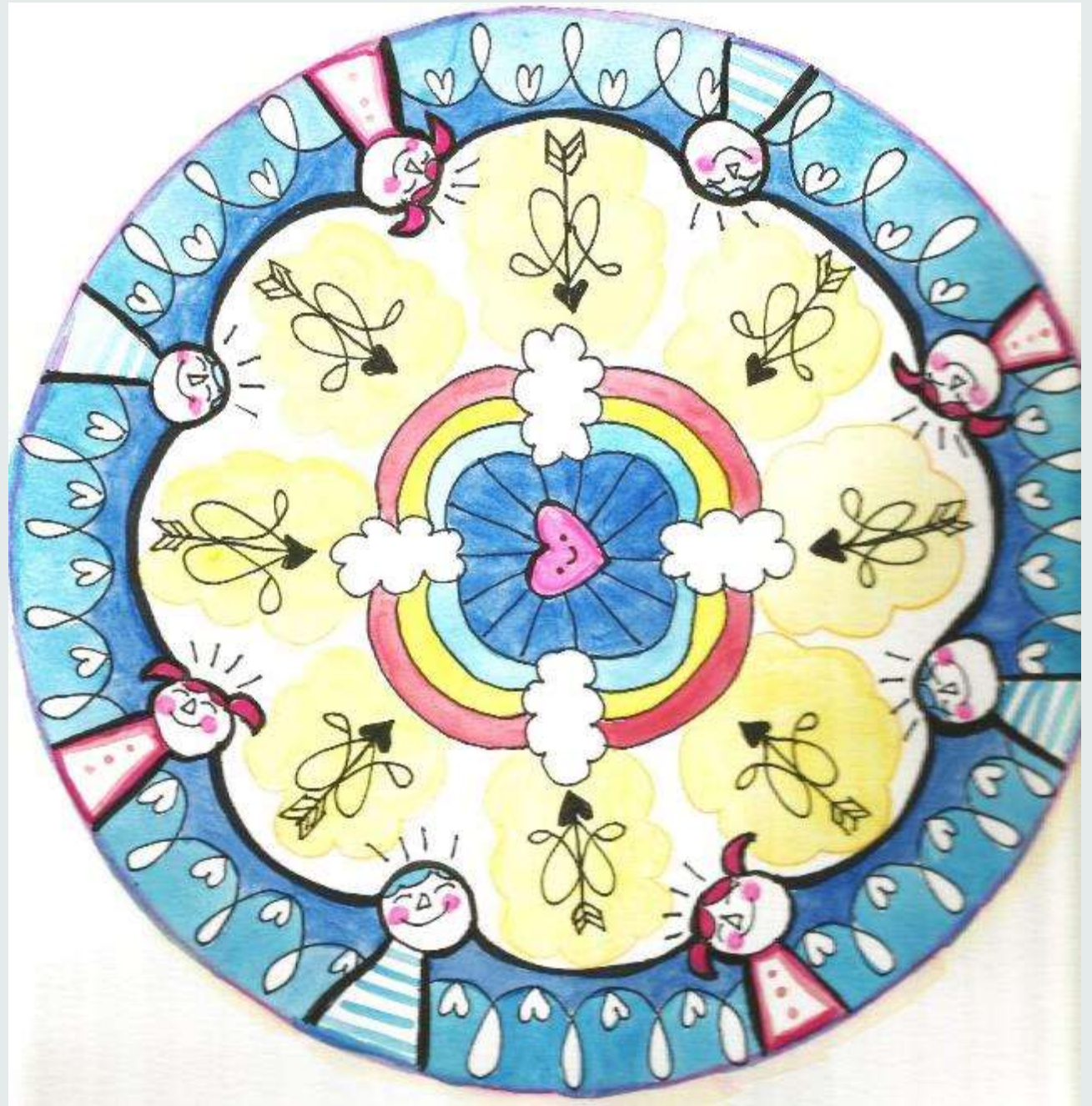
K-2 graders: Mindfulness/ Mediation is not appropriate for children under 7 years old. Direct instruction on peace and physical engagement is recommended.

3-6 graders: Mindfulness is appropriate for children from 7 years old to 15 years old. 15 minutes a day is recommended.

7-8 graders: 20-25 minutes a day is recommended. Children ages 12-14 are Peace Leaders of the school. They teach classes to younger students.



Activity #5- Rotation of Consciousness Mindfulness Exercise





Peace Curriculum Book List

- 1) *Sitting Still Like a Frog: Mindfulness Exercises for Kids* by Eline Snel
- 2) *Master of Mindfulness: How to Be Your Own Superhero in Times of Stress* by Laurie Grossman
- 3) *Our Peaceful Classroom* by Ailene Wolf
- 4) *Peace Begins with You* by Katharine Scholes
- 5) *I Am Peace: Book of Mindfulness* by Susan Verde
- 6) *Only One You* by Linda Kranz
- 7) *A Handful of Quiet: Happiness in Four Pebbles* by Thich Nhat Hanh
- 8) *Yoga Education for Children* by Swami Satyananda Saraswati-Bihar School of Yoga
- 9) *Meditation for Fidgety Skeptics* by Dan Harris
- 10) *Yoga for Big Hearts & Little Hands: A Handbook of Yoga Poses for Children* by Ana Camacho-Hansen

Resources

1) Journal of American Medical Association

<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/1809754>

2) Psychology Today on Doodling <https://www.psychologytoday.com/us/blog/arts-and-health/201706/coloring-doodling-and-drawing-recent-research>

3) Psychology Today on Self Affirmations <https://www.psychologytoday.com/us/blog/smart-relationships/201403/affirmations-the-why-what-how-and-what-if>

4) Positive Psychology Program <https://positivepsychologyprogram.com/growth-vs-fixed-mindset/>

5) The Washington Post https://www.washingtonpost.com/news/inspired-life/wp/2015/05/26/harvard-neuroscientist-meditation-not-only-reduces-stress-it-literally-changes-your-brain/?noredirect=on&utm_term=.a22f78ad823d



The Power of Teaching Mindfulness

Closing/Questions?